

AGN. NO. _____

MOTION BY SUPERVISOR DON KNABE

March 18, 2014

LOS ANGELES COUNTY HEART WALK DAY

The 2014 Los Angeles County Heart Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support research and outreach to individuals at risk for cardiovascular disease.

The annual Heart Walk has become an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living. This year, more than 20,000 participants are expected to show their support and demonstrate their commitment to fighting Los Angeles County's number one and number two killers – heart disease and stroke.

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Five Heart Walks will be held in Los Angeles County this year. The dates are as follows:

Rainbow Lagoon - Long Beach - September 14

Westfield Valencia Town Center - Santa Clarita – September 20

Santa Monica Pier - Santa Monica – September 21

Rose Bowl - Pasadena – September 27

Marie Kerr Park in Palmdale - Antelope Valley – October 11

Several County departments will join this year's Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments' wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in these events.

I, THEREFORE, MOVE that the Board of Supervisors take the following actions:

1. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
2. Direct the Chief Executive, County Office of Workplace Programs, to distribute to County departments materials related to Greater Los Angeles County Heart Walk;
3. Direct the Department of Human Resources and departmental wellness managers to promote the 2014 American Heart Association Heart Walk and encourage colleagues to participate and support;

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4. Direct the Auditor-Controller to publicize the Heart Walk events on the August 15, 2014 paycheck run and encourage active employee participation;

and
5. Proclaim the month of September as “Los Angeles County Heart Walk Month” in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

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